

Childbirth Education Classes at Tweddle



In partnership with Western Health, Tweddle provides a community based childbirth education program.

- Stages of labour and birth
- Practical coping methods and pain relief
- Breastfeeding
- Getting to know your baby & what to expect in the early days of parenting
- Baby Makes 3 maintaining healthy relationships

Times & Cost

Thursday:	6pm to 9.30pm for 3 weeks	Cost: \$80
Saturday or Sunday:	10am to 4pm for a one day program plus 3hr session on another Saturday/Sunday	Cost: \$120

Tea and coffee provided / BYO snacks & lunch

Fees must be paid at time of booking *Healthcare card subsidy available

Location

Classes held at Tweddle Footscray—53 Adelaide Street Footscray

To enrol or make enquiries, contact Tweddle Monday to Friday during business hours on tel: (03) 9689 1577.

Partners & support people are welcome

*Class dates may change if there are not enough participants. Class fees may change without notice.